

Rock! RICHMOND

building healthy communities in the North Side

January - February 2013

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:00 to 9:00 am Walking Group (2 nd & 4 th Sat.) Sixth Mt. Zion 14 W Duval St (648-7511)
		11:00 to 11:30 am Aerobics (Seniors) 3900 Old Brook Circle (780-4792)		10:30 to 11:00 am Aerobics (Seniors) 700 South Lombardy St (780-4792)	9:00 to 10:00 am Aerobics (2 nd & 4 th Sat.) Sixth Mt. Zion 14 W Duval St (648-7511)
4:00 to 5:00 pm Aerobics Stuart Elementary 3101 Fendall Ave (780-4879)					11:00 am to 12:00 pm Aerobics Pine Camp 4901 Old Brook Rd (646-3672)
	6:00 to 7:00 pm Aerobics Pine Camp 4901 Old Brook Rd (646-3672)		6:00 to 7:00 pm Aerobics Pine Camp 4901 Old Brook Rd (646-3672)		

For more information on the Rock! RICHMOND program, please contact Lee Taylor-Penn at lee.taylor@vdh.virginia.gov or 804-205-3909.